

FIFTH ANNUAL
UCSF SPORTS MEDICINE
SPORTS INJURY AND
REHABILITATION CONFERENCE

**UPPER EXTREMITY
& CONCUSSION**
**ASSESSMENT AND REHABILITATION
OF THE ATHLETE**

SATURDAY
June 16th, 2012

Mission Bay Conference Center @ UCSF
Fisher Banquet Room
1675 Owens Street
San Francisco, CA 94143-3008

The intent of this conference is to provide didactic and hands-on instruction in regard to surgical and non-surgical issues encountered when providing medical care to athletes. The target audience is any individual (Physician, athletic trainer, physical therapist) who provides care to athletes at all levels of competition, from high school to professional. This one-day course, which takes place at the University of California – San Francisco (UCSF) Mission Bay campus, features specialists from the UCSF department of Orthopaedic Surgery and Physical Therapy. The morning session is intended to provide up-to-date information on assessment and rehabilitation of upper extremity and head injuries suffered by athletes. The afternoon session offers hands-on workshops for the participant to learn new tricks in examination and rehabilitation of the upper extremity, and evaluation of concussion.

Course Program
Saturday, June 16th, 2012

Lectures:

- 7:15-8:00 **Check-in / Registration**
- 8:00-8:10 **Welcome**
- 8:10-8:35 **Athletic Injuries of the Wrist and Hand**
Mohana Amirtharajah, MD
- 8:35-9:00 **Athletic Injuries of the Elbow**
Brian Feeley, MD
- 9:00-9:30 **Management of Pediatric Shoulder Injuries**
Anthony Luke, MD
- 9:30-10:00 **Sports Concussion Update 2012**
Carlin Senter, MD

10:00-10:15 **Q & A: Session One**

10:15-10:30 **BREAK I**

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- 10:30-11:00 **Management of Shoulder Instability and Rotator Cuff Tears**
Christina Allen, MD
- 11:00-11:30 **When Can My Patient Return to Play After an Upper Extremity Injury?**
Christopher DaPrato, PT
Steve Noveshen, PT

11:30-12:00 **Patient Perspective: Recovering from Shoulder Surgery**
Benjamin Ma, MD and Patient

12:00-12:15 **Q & A: Session Two**

12:30-1:30 **LUNCH- Provided for your convenience.**

Workshops

No Selection Necessary
Courses repeat for each section

Attendees will be split in groups by date of registration.

Workshop A:

- 1:30-2:40 **Hand, Wrist, and Elbow Exam**
Nicole Strauss, MD
- 2:40-3:50 **Shoulder Exam / Sideline and Clinic Evaluation of Sports Concussion**
UCSF MDs and UCSF ATCs
- 3:50-5:00 **Suspension Training for Upper Extremity Rehab**
Sydney James, PT / Meghan Slemenda, PT

Workshop B:

- 1:30-2:40 **Suspension Training for Upper Extremity Rehab**
Sydney James, PT / Meghan Slemenda, PT
- 2:40-3:50 **Hand, Wrist, and Elbow Exam**
Nicole Strauss, MD
- 3:50-5:00 **Shoulder Exam / Sideline and Clinic Evaluation of Sports Concussion**
UCSF MDs and UCSF ATCs

Workshop C:

- 1:30-2:40 **Shoulder Exam / Sideline and Clinic Evaluation of Sports Concussion**
UCSF MDs and UCSF ATCs
- 2:40-3:50 **Suspension Training for Upper Extremity Rehab**
Sydney James, PT / Meghan Slemenda, PT
- 3:50-5:00 **Hand, Wrist, and Elbow Exam**
Nicole Strauss, MD
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COURSE CHAIRS:

Carlin Senter, MD

Assistant Professor, Primary Care Sports Medicine
UCSF Sports Medicine

Jason Miyamoto, MS ATC

Senior Athletic Trainer, PlaySafe Program Coordinator
UCSF Sports Medicine

Kristen Monette, MS ATC

PlaySafe Athletic Trainer
UCSF Sports Medicine

COURSE FACULTY:

Christina Allen, MD

Associate Professor of Orthopaedic Surgery
UCSF Sports Medicine

Mohana Amirtharajah, MD

Assistant Professor of Orthopaedic Surgery
UCSF Hand and Upper Extremity Surgery

James Chen, MD

Fellow in Orthopaedic Sports Medicine
UCSF Sports Medicine

Christopher DaPrato, DPT, MS, CSCS, PES

Outpatient Physical Therapy Manager
UCSF Physical Therapy

Brian Feeley, MD

Assistant Professor of Orthopaedic Surgery
UCSF Sports Medicine

Sydney James, PT, MS, OCS

Physical Therapist
UCSF Physical Therapy

Anthony Luke, MD, MPH

Associate Professor, Director, Primary Care Sports Med
UCSF Sports Medicine and Shoulder Service

C. Benjamin Ma, MD

Associate Professor of Orthopaedic Surgery
Chief, UCSF Sports Medicine

Steve Noveshen, MPT

Physical Therapist
UCSF Physical Therapy

Meghan Slemenda, PT, DPT

Physical Therapist
UCSF Physical Therapy

Nicole Strauss, MD

Assistant Professor of Orthopaedic Surgery
UCSF and SFGH Hand and Upper Extremity Surgery

PROGRAM INFORMATION:

Registration: UCSF Office of CME

- Online** www.cme.ucsf.edu
Will close 36 hours before conference
- Mail** Complete and mail course registration form (on the right)
Must be received by CME office by Tues, June 12th
- Fax** Complete and fax course registration form (on the right)
Must be received by CME office by Tues, June 12th

Course Options:

- \$100** Early Bird Registration, (Until 4/30/12)
\$125 Conference Registration
\$150 Day of Registration

Cancellation Policy:

Cancellations received in writing before the first day of the course will be refunded, less a \$20 administrative fee. No refunds will be made on cancellations received after that date.

Continuing Education:

UCSF Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. Provider # P3359.

This course qualifies for 7 CEUs.

UCSF Sports Medicine is in the process of attaining PT CEUs through Synergy Physical Therapy Rehabilitation Network.

This course should qualify for 0.7 CEUs.

Parking:

**UCSF Orthopaedic Institute
1500 Owens Street**

Patient Parking Lot (Behind Building)

The parking lot is accessible from entrance off of 16th Street 1500 Owens Street. Turn Left at the end of the road to access the lot. The lot has a discounted weekend rate.

Food:

Boxed lunch will be provided for your convenience. Complimentary refreshments will be provided throughout the course.



Conference Registration

5th Annual

Sports Injury and Rehabilitation Conference

Course Number: MMH12011

Saturday, June 16th, 2012 | Mission Bay Conference Center

Mail to: UCSF Office of CME
P.O. Box 45368
San Francisco CA, 94145-0368
Phone: (415) 476-5808
Fax: (415) 502-1795
Web: www.cme.ucsf.edu

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Employer: _____

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